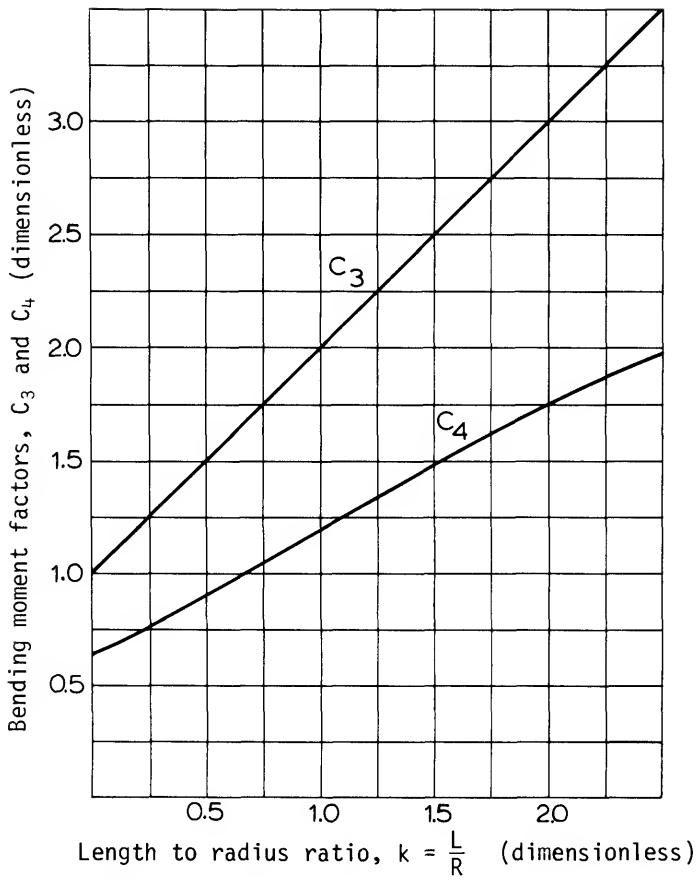

Fig. 26.16 Bending moment chart for U beams.

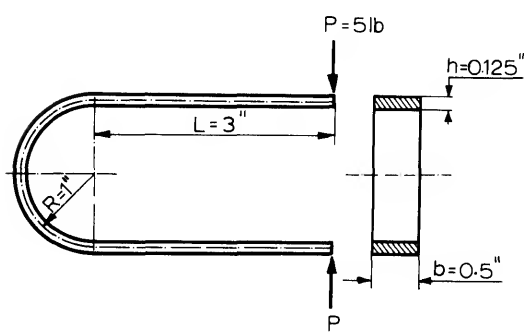

Fig. 26.17 Flat U spring (Design Problem 26.2).